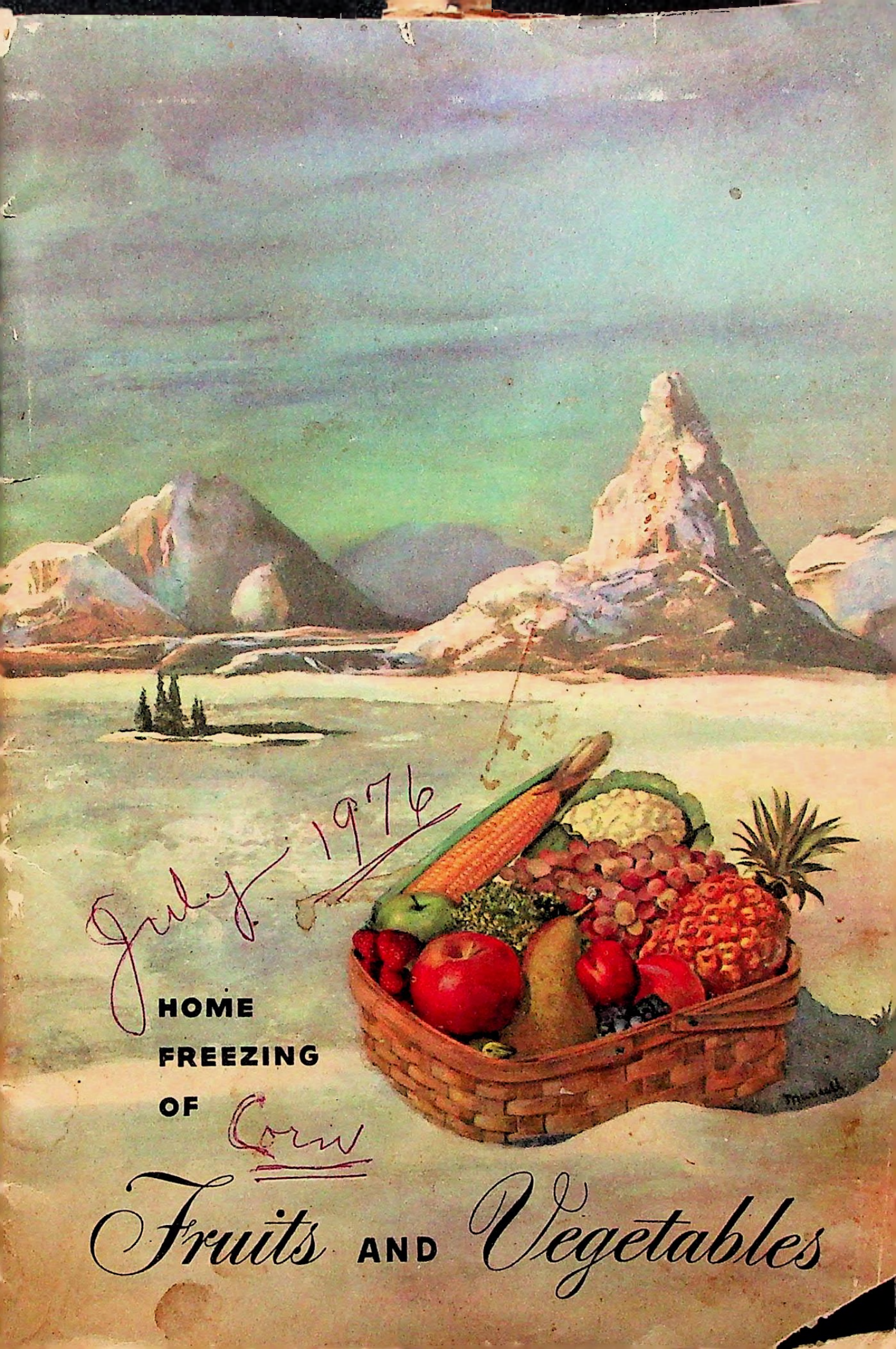

July 1976
HOME
FREEZING
OF
Corn
Fruits AND Vegetables

From Mrs. Lee White Sr. (Dora)
Nov. 1953

Cherries? Freeze Them

BY MARY D. ZIEGLER
Home Demonstration Agent

Kansas sour cherries freeze well. This year's crop is large and the fruit is of high quality.

In preparation for freezing wash and stem. Pit and mix immediately with dry sugar. Add about ¼ cup sugar to each pint of fruit. Mix thoroly. Pack. Seal and freeze. A full pint will make a small pie.

HOME FREEZING OF

Fruits AND Vegetables

THE BEST PACK IS MADE WITH..... Sugar

Home-freezing of fruits and vegetables is gaining in popularity because freezing preserves the flavor, texture, and color most nearly like the product fresh from the garden or orchard. In quick-freezing of fruits, familiar sugar plays an important role. The properties of sugar that make it the traditional stand-by of the home canner are also ideal for quick-freezing.

As commercial processors and the testing laboratories of many agricultural experiment stations have discovered, sugar is the preferred sweetener, because of its ability to curb the growth of bacteria, to guard against discoloration, and to preserve the flavor, shape and texture of fruits and berries.

Sugar has unique properties which guard the full, natural taste of fruits. Sugar preserves vitamin content and lends the desired sweetness without imparting any "off-taste". And, of course, sugar is less expensive than substitutes available to the housewife.

GENERAL INSTRUCTIONS

Whether you have your own home-freezing unit or rent space in a community locker, freezing is by far the easiest way to preserve foods. Reliable methods have been developed for freezing fruits, vegetables, meat, poultry, game, fish, milk, cream, and eggs. Excellent information on home-freezing can be obtained from most state agricultural colleges or extension services, including directions for preparing such foods as soups, cakes, breads, and stews. However, since fruits and vegetables make up the largest part of home-frozen food, this booklet will give directions for processing the principal varieties of them.

FOLLOW THESE SIMPLE RULES TO GET THE BEST RESULTS:

1. SELECT ONLY HIGH-QUALITY, WELL-RIPENED FRUIT, WORKING WITH SMALL QUANTITIES AT A TIME.
2. SELECT VEGETABLES IN THE STATE JUST BEFORE FULL MATURITY.
3. WASH IN SEVERAL CHANGES OF WATER, DRAINING EACH TIME.
4. PARE, TRIM OR SLICE—AS SERVED AT TABLE.
5. PROTECT LIGHT-COLORED FRUITS AGAINST DARKENING. PAGE 7
6. SWEETEN FRUIT WITH SUGAR AS DIRECTED ON PAGE 13.
7. PACKAGE CAREFULLY IN MOISTURE-VAPOR PROOF CONTAINERS.
8. FREEZE QUICKLY AND STORE AT 0° F. OR LOWER TEMPERATURE.

If you buy fruits in large quantities for quick-freezing, this table may be useful in selecting varieties that have been found to give superior packs:

FRUITS	PREFERRED VARIETIES	QUANTITY TO MAKE ONE POUND PACKS
APPLES	Baldwin Cortland Greening Jonathan McIntosh Northern Spy Stark Rome Beauty Staymen	3 to 4 apples or 1 pound
APRICOTS	Blenheim Royal Tilton	9 apricots or 5/6 pound
BLACKBERRIES	Eldorado	1 pint or ¾ pound
BLUEBERRIES	Adams Cabot (Cultivated better than wild) Concord Katherine Jersey June Pioneer Rancocos Rubel	1 pint or ¾ pound
CHERRIES	English Morello Lambert Montmorency Sour Red Sweet Bing	1 pound pitted *or* ¾ pound unpitted
CRANBERRIES	Early Black McFarlin Howes	¾ pound
CURRANTS	Perfection Red Lake Wilder	1 pint
DEWBERRIES	Boysenberries Loganberries Lucretia Olympic Youngberries	1 pint or ¾ pound
FIGS	Black Mission Kadota	¾ pound
GOOSEBERRIES	Glendale Poorman	1 pint
GRAPES	Concord	1 pint
NECTARINES	Any	10 nectarines or 5/6 pound
PEACHES	Champion Cumberland Elberta Fireglow Hale Haven	2-3 peaches or 1 pound
PEARS	Bartlett	2-3 pears or 1 pound
PLUMS	Damson Yellow Egg	10 plums or ¾ pound
PRUNES	Imperial Epineuse Italian Petite Stanley	¾ pound
RHUBARB	MacDonald Ruby	1 pound or 1 bunch
STRAWBERRIES	Catskill Culver Dorsett Dunlap Fairfax Julymorn Premier Redheart Sparkle	1 pint or ¾ pound

VARIETIES *NOT* RECOMMENDED FOR FREEZING:

Howard 17 and Lupton strawberries: June and Weymouth blueberries; All blackberries, except Eldorado; All pears, except Bartlett; And never try to freeze melons.

Fruits

SELECT ONLY WELL-RIPENED, HIGH-QUALITY FRUITS No matter how carefully you prepare and pack your fruit, the frozen product cannot be better than the fruit you use. Careful selection is therefore essential. Tree-ripened peaches, for example, should not be soft enough to bruise during handling, nor should they be too firm. Fruit picked before it is fully ripe and allowed to stand at room temperature for several days will not be as satisfactory as tree-ripened fruit.

WASH THOROUGHLY Cleanliness is essential. Fruit should be thoroughly cleaned and drained. Freezing does not kill bacteria—it merely inhibits their growth, so that scrupulous washing is necessary. *Fruit that has been thawed should never be re-frozen.*

FOLLOW DIRECTIONS FOR SPECIFIC FRUITS (page 12): Apples and peaches should be pared, sorted, washed, halved or sliced. Slice or pit other fruits. Cherries may be pitted or left whole. Strawberries may be left whole or sliced.

PREVENT DARKENING OF LIGHT-COLORED FRUITS Certain fruits will discolor during processing or storage (because of oxidation or enzyme reactions) unless suitable precautions are taken. Sugar syrups help to prevent this color change, but for perfect color control, the addition of small quantities of ascorbic acid is recommended for apples, peaches, apricots and plums. Ascorbic acid is the scientific name for Vitamin C, one of the chief nutrients in fruits. Adding ascorbic acid, therefore, actually increases nutritional value.

A scant quarter teaspoon of ascorbic acid powder mixed with ¾ cup of syrup (the amount needed to cover the contents of a one-pound package of fruit to be frozen) is effective in safeguarding color. It is difficult to mix ascorbic acid evenly with sugar, and its use in dry packs is therefore not recommended.

SWEETEN EACH FRUIT Although some fruits may be packed without sugar, the practice is not recommended. Fruit frozen in its natural state may lose its fresh flavor, develop an "off-taste" and have a tendency to become flabby. Sugar is the preferred sweetening agent, because through the years it has been found to give uniformly good frozen foods. In the case of juicy fruits, adding dry sugar is preferred to covering the fruit with syrup.

PACKAGE CAREFULLY Careful packaging is necessary or all your work may be to no avail. Correct packaging prevents oxidation and drying out during storage. Check these important factors.

Wrapping All wrappings must be moisture-proof *and* vapor-proof. Special grades of cellophane, Pliofilm, aluminum foil or laminated paper are available in the form of bags or lined cartons. Glass jars or tin cans may be used.

Leave a *head space* at the top of the container to allow for expansion during freezing—about ½ inch in pint containers.

Exclude as much air as possible. Remove air bubbles from containers and press air out of the bags.

Protect the edges of heat-sealable liners from moisture by using a funnel for adding syrup or brine.

Heat-seal liners by pressing the edges together with a warm (not *hot*) iron.

Label each package with the name of the food, date of freezing, number of pieces or servings, and any other information which may be helpful at a later date.

Properly prepared and correctly packaged frozen fruits and vegetables will keep for a year at 0° F. or lower temperatures.

FREEZE QUICKLY As soon as the container is sealed it should be placed in the quick-freezing section and later stored at a constant temperature of zero or below. If the pack is to be frozen and stored at a community locker, keep the packages in the refrigerator, and as soon as a batch is finished, carry it to the locker plant in an insulated container, preferably packed with dry ice.

Fruits

Fruits do not contribute important amounts of either calories or proteins to the diet, but they are of outstanding value because of their content of certain vitamins and minerals. As a class, fruits are important sources of ascorbic acid, certain members of the B complex, vitamin A, iron and other minerals. They can be added to the diet without replacing other foods, and without making the total calorie consumption excessive. They are of the greatest importance for the normal development of the body and of all its functions.

The relative richness in vitamin C of some of the fruits—conspicuously oranges and grapefruit—and the importance which we now attach to liberal dietary supplies of this vitamin, mean that fresh fruits (and citrus fruits particularly) have been rapidly and properly promoted from the status of an occasional luxury to that of a good daily investment in nutritional values.

BERRIES The comparatively short season for fresh berries makes them especially desirable for freezing. They can be frozen crushed, sliced, whole or pureed. Berries are best frozen when they are firm, just ripe. They should be washed gently in cold water, packed according to variety and sweetened to suit individual taste. (See Table for Freezing Fruit, page 12.)

PEACHES Almost all varieties give a splendid pack. Unless fully ripened, freezing tends to make peaches hard and bitter. One quarter of a bushel will make about 12 one-pound packages. Skins may be removed by dipping 15 to 30 seconds in boiling water, then plunging into cold water, but this will leave a slight brown line under the skin. For best results, pare by hand, remove pits and slice into cold syrup of desired density treated with ascorbic acid (page 7). Pack slices into containers to within one-half inch of top. Cover fruit with cold syrup. Wipe container to insure perfect seal.

APRICOTS A delicate flavored fruit which can be packed unpeeled and whole, peeled (if desired), halved, sliced, or pureed for desserts, cake mixtures, jam spread, sundae toppings, or fruit ice cream. They should be packed with ascorbic acid to prevent darkening. (See Table for Freezing Fruit, page 12.)

APPLES The tremendous popularity and the wide variety of apples make them an excellent choice for freezing. Greening, Cortland, Baldwin, Northern Spy and Stark are among the preferred varieties for freezing, though any cooking apple can be used. They should be chosen at their prime in flavor and general ripeness, pared, cored and sliced directly into cool 40% syrup to which ascorbic acid has been added (page 7).

SUGAR SYRUP TABLE

	Cups of Sugar per Quart of Water
Light Syrup (40%)	3⅓
Medium Syrup (50%)	5
Medium Heavy Syrup (60%)	7
Heavy Syrup (65%)	9

Dissolve sugar in water and bring to a boil. Simmer two to three minutes. Chill before using. One quart of syrup is sufficient for about 10 one-pound packages.

FRUIT JUICES AND NECTARS (*grape, apple, berry, cherry, etc.*) Grapes or berries are heated in a double boiler, then strained through a jelly bag. Cherries may be treated in the same way, or pressed fresh, then heated to 170° F., and strained through a bag. Freshly pressed apple juice is heated to 170° F. Apricot and peach nectars should be prepared from pieces which have been steamed 10 minutes, then pressed through a bag.

CITRUS FRUIT JUICES (*grapefruit, lemon, orange*) Valencia oranges have been found to give a better product after storage than do certain other varieties. Chill the oranges before cutting, then juice them by hand using a glass squeezer. Use care not to let an excessive amount of air bubbles get into the juice. Strain. Pack in glass fruit jars, 9/10 full. Clamp the glass lids down with rubber ring in place. Freeze and store immediately.

Prepare and freeze grapefruit juice and lemon juice as for orange juice. After storage the thawed juice may be diluted and sweetened for lemonade, punch, etc.

FROZEN PUREES Some fruits can be frozen very satisfactorily in the crushed or pulped condition. Fully ripened, well colored and strongly flavored fruits such as apricots, pears, peaches, plums, cherries, and berries are delicious in this form. Sieve over small bowl, avoid stirring in air bubbles. For best flavor and color use one part of sugar to four parts of fruit. Follow general directions for preparation and freezing.

TAB

FRUITS	HOW TO P
APPLES	Pare, core, slice into uniform section three minutes. Chill before packing.
APRICOTS	Sort, pare or not, wash, halve, pit. spoon citric acid in 1 quart of wat (page 7).
BLACKBERRIES	Sort, wash gently.
BLUEBERRIES AND HUCKLEBERRIES	Sort, wash, drain. If berries are to be part should be crushed.
CHERRIES, SOUR	Sort, wash, drain, pit.
CHERRIES, SWEET	Sort, wash, drain, pit or leave whol
CRANBERRIES	Sort, wash.
DEWBERRIES BOYSENBERRIES YOUNGBERRIES LOGANBERRIES	Sort, wash, drain. May be used wh
FIGS	Sort, wash, stem. Leave whole, halv
GOOSEBERRIES	Sort, wash, drain. May be used wh
GRAPES	Wash, sort. Pack whole.
PEACHES (FREESTONE) AND NECTARINES	Sort, pare, pit, halve or slice directl
PINEAPPLE	Pare, cut into small sections.
PLUMS, PRUNES	Sort, wash, halve, pit.
RASPBERRIES	Sort, do not wash unless necessary.
RHUBARB	Wash, trim, cut into 1 inch pieces.
STRAWBERRIES	Wash, sort, hull. Slice or leave wh

E FOR FREEZING FRUITS

PARE	HOW TO SWEETEN *
Scald in hot syrup (180° F.) for	DRY PACK: 1 cup of sugar to 5 cups of fruit or a 40% SYRUP plus ascorbic acid (see page 7)
p for 1 to 2 minutes in ¼ tea- or use ascorbic acid in syrup	DRY PACK: 1 cup of sugar to 6 cups of fruit, or a 40% SYRUP. Slice apricots directly into syrup to which ascorbic acid has been added (see page 7).
	DRY PACK: 1 cup of sugar to 4 to 5 cups of fruit, or a 50 TO 60% SYRUP
ed for dessert, sauce or topping.	DRY PACK: 1 cup of sugar to 6 cups of fruit, or a 50% SYRUP
	DRY PACK: 1 cup of sugar to 5 cups of fruit.
	Pitted: DRY PACK: 1 cup of sugar to 5 cups of fruit. Whole: a 40 TO 50% SYRUP plus ascorbic acid (see page 7).
	DRY PACK: 1 cup of sugar to 6 cups of fruit, or cooked in a 50 TO 60% SYRUP
, crushed or sieved for juices.	DRY PACK: 1 cup of sugar to 5 cups of fruit, or a 40% SYRUP
or slice.	DRY PACK: 1 cup of sugar to 6 cups of fruit, or a 40% SYRUP
, crushed or sieved for juice.	DRY PACK: 1 cup of sugar to 5 cups of fruit, or a 40% SYRUP
	40% SYRUP
mto syrup.	50 TO 60% SYRUP plus ascorbic acid (see page 7).
	DRY PACK: 1 cup of sugar to 4 cups of fruit, or 50 TO 60% SYRUP plus ascorbic acid (see page 7).
	DRY PACK: 1 cup of sugar to 5 cups of fruit, or 50 TO 60% SYRUP plus ascorbic acid (see page 7)
	DRY PACK: 1 cup of sugar to 6 cups of fruit, or a 40% SYRUP
	DRY PACK: 1 cup of sugar to 5 cups of fruit, or a 40 TO 50% SYRUP
	DRY PACK: 1 cup of sugar to 5 cups of fruit. Juice must cover berries.

* *See also Syrup Table, page 10*

Vegetables

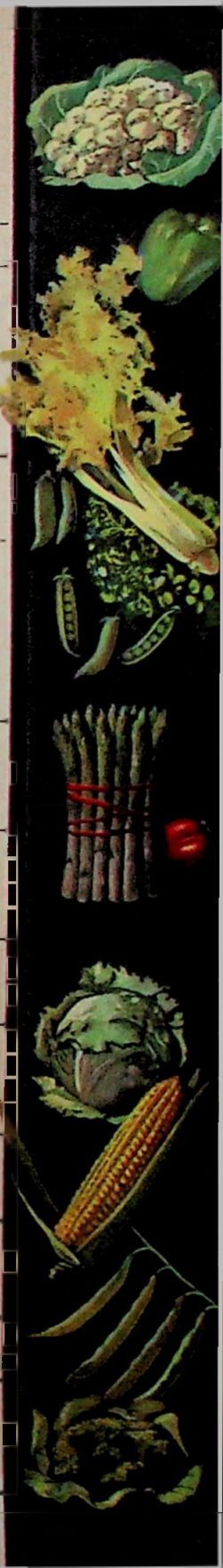
Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. The table on page 15 indicates blanching time for each vegetable. Prepare small amounts at a time. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under water. Lower the basket into rapidly boiling water, enough to cover the food. Cover the kettle and *count the time* recommended for each vegetable.

After blanching, chill quickly and thoroughly. Plunge the vegetables into ice water, or hold under running cold water. When vegetable is completely chilled, remove and drain. Pack at once.

TABLE FOR FREEZING VEGETABLES

VEGETABLES	HOW TO PREPARE	BLANCHING TIME
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2½ minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
BROCCOLI	Remove tough leaves and stalks. Wash, soak heads down in salted water, 4 teaspoons of salt per gallon of water, for one-half hour. Split lengthwise so heads are 1½ inch or less across. Blanch, chill, pack.	Steam: 5 minutes. Boiling Water: 4 minutes.
BRUSSELS SPROUTS	Wash thoroughly in cold water. Trim off coarse outer leaves. Discard sprouts showing insect damage.	4 minutes in boiling water
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4½ minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears, 9 minutes for medium. 11 minutes for large.
CORN, KERNELS	Follow directions for corn on cob. After chilling, cut off kernels, pack.	
GREENS Beet, Chard, Collards, Mustard, Spinach, Kale, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN AND PIMIENTO	Wash, cut away seeds, slice. Blanch. Pack in brine of 1 teaspoon salt to 1 cup of cold water.	3 minutes in boiling water.



RECIPES USING *Frozen Fruit*

APPLE CRISP

2 c. corn flakes
1 1-lb. pkg. quick-frozen sliced apples (dry pack), defrosted
½ c. brown sugar
1 tsp. cinnamon
2 tbsp. butter or margarine

Place alternate layers of corn flakes and apple slices in greased baking dish, sprinkle with brown sugar and cinnamon mixture, dot with butter or margarine. Bake in moderate oven (375° F.) about 25 minutes. Serve with plain cream. Yield: 6 servings.

*** DEEP DISH APPLE PIE**

1 pkg. frozen sliced apples, defrosted
¾ c. sugar
½ tsp. salt
2 tbsp. grated orange rind
½ tsp. cinnamon
⅛ tsp. nutmeg
3 tbsp. water
2 tbsp. butter or margarine
pastry for 1 piecrust

Place apple slices in greased baking dish, sprinkle with mixture of sugar, salt, orange rind and spices. Pour water over, dot with butter or margarine. Roll pastry ⅛" thick, place over top. Bake in hot oven (450° F.) 5 minutes, then lower heat to moderate (350° F.). Bake about 35 minutes longer.

APPLESAUCE-MACAROON SCALLOP

1 box zweiback
15 almond macaroons
2 c. quick-frozen applesauce, defrosted
cinnamon
butter or margarine
½ c. heavy cream, whipped

Roll zweiback and macaroons separately into fine crumbs. Put layer of zweiback in bottom of greased casserole. Cover with layer of applesauce; sprinkle with cinnamon. Add layer of macaroons; repeat, ending with zweiback crumbs. Dot with butter or margarine. Bake in moderate oven, 375° F., 20 minutes. Cool. Pile pudding in sherbet glasses. Top with whipped cream. Yield: 6 servings.

APRICOT SOUFFLÉ

1 pkg. (1 pt.) quick-frozen apricots
¾ c. sugar
¼ tsp. salt
4 egg whites
2 tbsp. sugar

Defrost apricots. Press through sieve. Measure 1 cup pulp. Add ¾ cup sugar and salt to pulp; heat slowly until sugar is dissolved. Beat egg whites; add 2 tablespoons sugar, beating constantly. Fold apricot pulp into egg whites. Pour into greased casserole; set in pan of warm water. Bake in moderate oven, 325° F., 1 hour. Serve with custard sauce made with the 4 egg yolks. Serve immediately. Yield: 6 servings.

BLUEBERRY GRIDDLE-CAKES

2 c. flour
3 tbsp. sugar
½ tsp. salt
3 tsp. baking powder
2 eggs
1 c. milk
4 tbsp. melted butter or margarine
1 c. quick-frozen blueberries, defrosted
dash cinnamon

Mix and sift flour, sugar, salt and baking powder. Beat eggs; add milk. Add milk mixture slowly to dry ingredients; mix until smooth. Add butter or margarine. Add blueberries and cinnamon; stir lightly. Bake on hot greased griddle, turning to brown on both sides. Yield: 12 large griddle cakes.

*** PEACH REFRIGERATOR CAKE**

½ lb. marshmallows
½ c. orange juice
½ c. ginger ale
½ c. heavy cream, whipped
sponge cake or lady fingers
1 pkg. quick-frozen sliced peaches, defrosted
½ c. chopped crystallized ginger

Cut marshmallows in quarters, add to orange juice, stir over hot water until almost melted, cool, add ginger ale. When slightly thickened, fold in whipped cream. Line pan with waxed paper. Arrange layer of sponge cake or lady fingers on bottom, next a layer of peaches, then layer of marshmallows; repeat until there are 3 layers of cake, 2 of filling. Chill in refrigerator overnight. Unmold: garnish with additional whipped cream, remaining peaches and ginger. (Apricots may be substituted for peaches.) Yield: 6 servings.

FRUIT MOUSSE

1 c. strawberry, raspberry or other fruit pulp or puree
¼ c. confectioners' sugar
2 c. heavy cream, whipped
1 tsp. vanilla

Combine fruit pulp or puree and sugar. Mix thoroughly. Fold into whipped cream, add vanilla. Turn into freezing tray of automatic refrigerator. Freeze until firm (2-4 hrs.). Yield: 6 servings.

PARFAITS

Place alternate spoonfuls of ice cream and crushed berries in parfait glasses. Top with whipped cream.

PEACH MELBA

Place defrosted peach half in sherbet glass, fill center with vanilla ice cream. Add 2 tablespoons Melba sauce or syrup from peaches.

MERINGUE FRUIT BASKETS

4 egg whites
¼ tsp. salt
1 c. fine granulated sugar
½ tsp. vanilla
2 c. sliced quick-frozen strawberries
2 c. quick-frozen pineapple cubes

Beat egg whites until frothy. Add salt and beat until stiff. Add ½ cup sugar, 2 tablespoons at a time, while beating. Add vanilla; fold in remaining sugar. Line pan with waxed paper. Shape the meringues like round baskets on the waxed paper. Bake in a slow oven (275° F.) 45-60 minutes, or until evenly browned and dry on surface. Remove and place on serving dishes while still warm. Combine strawberries and pineapple and sweeten to taste with powdered sugar. Fill meringues with fruit. Yield: 6 servings.

CHERRY UPSIDE DOWN CAKE

1 pkg. quick-frozen sour red pitted cherries, defrosted and drained
4 tbsp. shortening
1 c. granulated sugar
1 egg, beaten
2 c. sifted cake flour
3 tsp. baking powder
¼ tsp. salt
¾ c. milk, add 1 tsp. vanilla
½ c. brown sugar
3 tbsp. butter or margarine

Sprinkle brown sugar in bottom of well-greased layer cake pan 8" in diameter, 2" deep. Dot with butter or margarine; set over low heat until mixture melts. Arrange cherries on brown sugar-butter or margarine mixture. Cream shortening and sugar; add beaten egg; mix well. Mix and sift flour, baking powder and salt. Add alternately with milk to creamed mixture. Add vanilla. Spoon batter over cherries. Bake in moderate oven (350° F.) one hr. Carefully remove from pan. Serve warm with whipped cream. Yield: 8 servings.

FROZEN FRUIT PIE

2-2½ c. drained quick-frozen fruit
½ c. juice
¼-¾ c. sugar
¼ tsp. salt
1-2 tbsp. flour or cornstarch or quick-cooking tapioca
1 recipe plain pastry
1 tbsp. butter or margarine

Slice fruit if large fruit used; add juice and combined dry ingredients, adjusting amounts of sugar and flour according to sweetness and juiciness of fruit, mix thoroughly. Line pie pan with pastry, fill with fruit mixture; dot with butter and put on top crust, or arrange lattice of pastry strips on top. Bake at 450° F. 5 minutes, then reduce heat to 350° F. and bake about 20 minutes longer. For fruit use: apples, blackberries, blueberries, cherries, elderberries, gooseberries, peaches, pineapple, plums, raspberries and strawberries.

RHUBARB BETTY

1½ c. soft bread crumbs
¾ c. sugar
1½ tsp. cinnamon
1 pkg. quick-frozen rhubarb, defrosted
1½ tbsp. butter or margarine
2 tbsp. grated orange rind

Combine bread crumbs, sugar and cinnamon; sprinkle one-half over rhubarb and dot with half the butter or margarine. Repeat with remaining rhubarb, crumbs and butter. Sprinkle with orange rind. Bake in moderate oven (375° F.) about 25 minutes. Yield: 4 servings.

CHERRY WHIP

1 pkg. cherry gelatin
2 c. water
1 c. sliced bananas
1 c. quick-frozen, pitted, black cherries, defrosted

Dissolve gelatin in water as directed on package. Chill until syrupy. Beat with rotary beater until frothy; fold in fruit. Chill until set. Yield: 6 servings.

*** PEACH ALMOND CUSTARD**

1 pkg. quick-frozen sliced peaches
2 c. custard sauce
¼ tsp. almond extract
1 c. crushed, toasted almonds

Defrost peaches. Make custard sauce, using almond extract instead of vanilla; cool. Pour over peaches. Sprinkle with almonds; chill. Yield: 6 servings.

HAWAIIAN TRIFLE

2 bananas
1 c. quick-frozen pineapple tidbits, defrosted
¼ c. sugar
½ c. quick-frozen sliced strawberries, defrosted
2 c. cooked rice
½ c. heavy cream

Cube bananas; combine with pineapple tidbits and strawberries. Add fruits to rice. Whip cream; add sugar; fold into rice and fruit mixture. Serve in sherbet glasses, garnished with additional sliced strawberries. Yield: 6 servings.

*** RASPBERRY ICE**

1 pkg. (2 c.) quick-frozen raspberries
2 tsp. unflavored gelatine
3 tbsp. lemon juice
½ c. boiling water
¼ c. sugar
⅛ tsp. salt

Defrost raspberries; press through fine sieve. Sprinkle gelatine over lemon juice; dissolve in boiling water. Add sugar and salt; combine with raspberry juice and pulp. Pour into freezing tray of automatic refrigerator. Stir twice during freezing. Yield: 6 servings.

STRAWBERRY BAVARIAN CREAM

1 c. crushed strawberries
1 tbsp. plain gelatin
2 tbsp. cold water
1 c. heavy cream, whipped
¾ c. confectioners' sugar
ladyfingers

Soften gelatin in cold water; heat over hot water, stirring until dissolved. Add to strawberries, chill until slightly thickened. Fold in cream, sweetened with sugar, and chill mixture until thick enough to hold shape. Line parfait glasses with ladyfingers, fill with gelatin mixture.

**These recipes are based on fruits packed in one-lb. containers.*

RECIPES USING *Frozen Vegetables*

ITALIAN BROCCOLI

1 pkg. quick-frozen broccoli
Parmesan cheese
3 tbsp. olive oil

Cook broccoli until almost tender; drain and saute in hot olive oil until delicately browned. Sprinkle with cheese. Yield: 4 servings.

ASPARAGUS SCALLOP

1 pkg.(2 c.)quick-frozen asparagus cuts, cooked
2 tbsp. butter or margarine
¾ c. finely chopped peanuts
2 c. med. white sauce
⅔ c. buttered crumbs

Arrange layer of asparagus in shallow baking dish; dot with butter or margarine. Sprinkle with peanuts. Repeat, ending with asparagus. Pour white sauce into baking dish; top with buttered crumbs. Bake in hot oven, 400° F., until crumbs are golden brown. Yield: 6 servings.

CURRIED CORN AND PEAS

1 pkg. (2 c.) quick-frozen green peas, cooked
1 pkg. quick-frozen kernel corn, cooked
3 tbsp. butter or margarine
½ tsp. curry powder

Combine peas and corn. Melt butter or margarine; add to curry powder; blend. Pour over vegetables; mix well. Yield: 6 servings.

GREEN BEANS HUNGARIAN

1 c. sliced mushrooms
2 tbsp. butter or margarine
2 pkg. (4 c.) quick-frozen cut green beans, cooked
1 c. sour cream
few grains salt
dash pepper

Saute mushrooms in butter or margarine until golden brown. Add green beans and sour cream. Heat thoroughly. Season to taste with salt and pepper. Yield: 6 servings.

LIMA BEANS CREOLE

2 tbsp. minced onion
¼ c. minced green pepper
2 tbsp. butter, margarine or salad oil
2 tbsp. flour
½ tsp. salt
few grains pepper
6 stuffed olives
1 c. canned tomatoes
1 pkg. (2 c.) quick-frozen lima beans, cooked but not drained

Cook onion and green pepper in butter, margarine or salad oil until tender. Add flour; salt and pepper; blend. Slice olives; add with tomatoes. Add lima beans, liquor and all. Simmer 15 minutes. Yield: 6 servings.

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SUGGESTIONS

1. Gentle rotation of food and syrup in container *with a spatula* will permit air bubbles to escape.
2. Wash fruit in ice water.
3. Sugar syrup may be made a day ahead of freezing and kept thoroughly chilled in refrigerator until ready for use.
4. In using Dry Pack be sure to mix thoroughly until all sugar is dissolved, though care must be taken not to bruise fruit.
5. Fruits may be held beneath the syrup by placing a small quantity of crumpled wax paper in the container lid.
6. Fruits must not be thawed in warm water, they are best thawed in the container, *preferably in the refrigerator.*

RICHARD MUNSELL

The full page paintings and some of the special paintings of fruits and vegetables have been created by Richard Munsell. His work is hung in the Museum of Modern Art and other institutions.

GRANT WOOD

The lithographs of fruits and vegetables reproduced on pages 9 and 14 were created by Grant Wood who achieved a position of prominence unique in international art. His untimely death cut short a life that was full and rich in accomplishment. He is represented in the Chicago Art Institute, the Swope Art Gallery and many other museums.

DEMETRIA TAYLOR

All directions have been checked and recipes tested by Demetria Taylor, Home Economics Consultant.

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for
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home freezing of fruits
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THE GREAT WESTERN SUGAR COMPANY
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